

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:

Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway
651-229-3938
hre@gillettechildrens.com

Colonoscopy

Same-Day surgery Discharge Instructions

patient education
DIS012

About Colonoscopy

During a colonoscopy, the doctor uses a flexible tube with a light at the end to look at the inside of the colon (large intestine). A biopsy (a small piece of tissue taken for study) is done and pictures may be taken.

Diet/Nausea

Follow guidelines as outlined in the patient education handout about general anesthesia.

Additionally, you should not eat nuts, popcorn or sunflower seeds for one week after the colonoscopy. To help keep stools soft, drink plenty of juices and other liquids. Adding fruits, vegetables, whole grains and bran to the diet also can help keep the stools soft.

Care at Home

Nothing should be inserted into the rectum, including enemas or suppositories, for at least one week after the procedure, unless instructed by the doctor. Also, no rectal temperatures should be taken during that time.

You can return to school, daycare or work the day after the colonoscopy.

Pain/Comfort

There should be little or no pain after colonoscopy. However, you may have a small amount of blood in the stools (bowel movements) and some soreness with bowel movements.

You may use a pain relieving medicine such as Tylenol.

Contact Telehealth Nursing if any of the following conditions are present:

- Fever over 101.5 F
- Throat irritation
- Severe pain